

# **FREED**

## **Newsletter**

*Time to win  
the race against  
eating disorders!*

**We are resurrecting  
the FREED National  
AP network!**

Please email the FREED  
National AP if you would like  
to be included

**More information :**

 [freedfromed.co.uk](https://freedfromed.co.uk)

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Ideas about something else to include?

Feedback on content?

CONTACT:  
FREED National AP

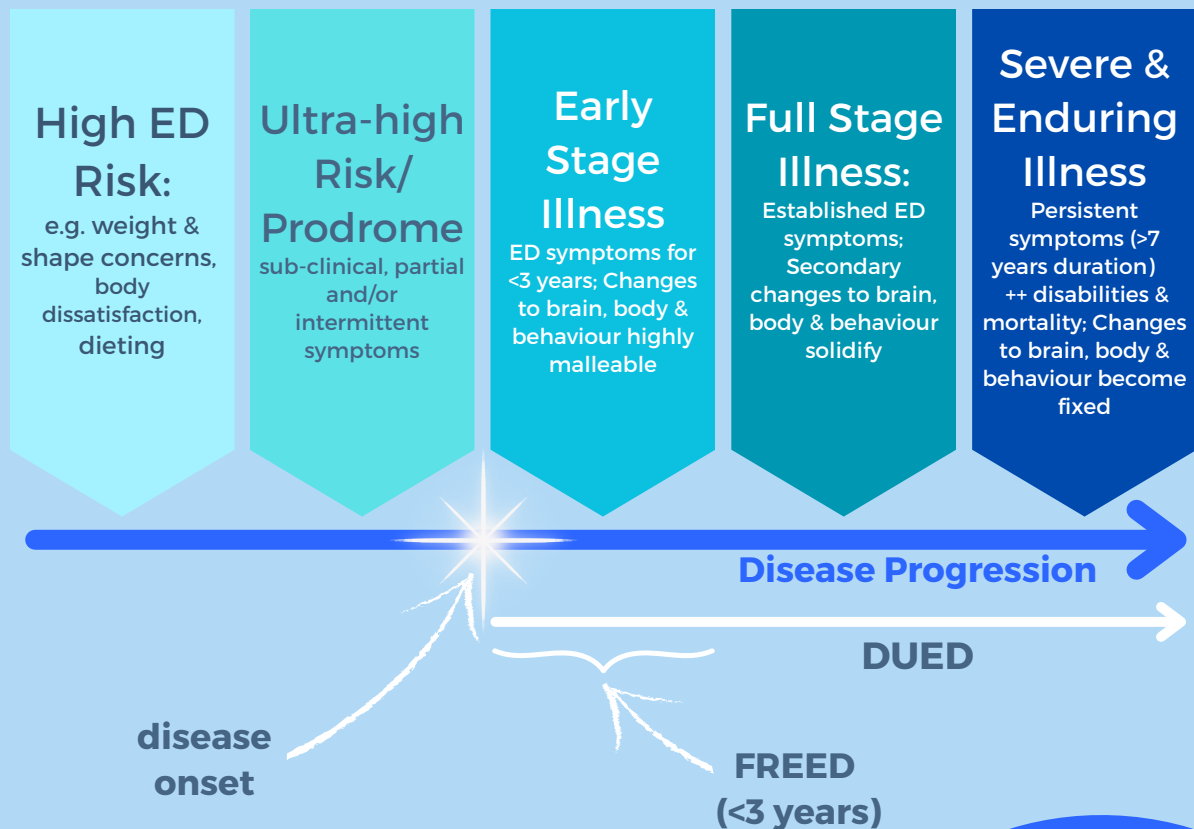


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# FOCUS ON :

# DUED

**Duration of Untreated Eating Disorder:**  
Time elapsed between disease onset and treatment



## Tips for calculating DUED:

You are trying to work out when symptoms reached the diagnostic threshold for an ED...

**FREED COVER SHEET AND LIFE HISTORY CHART:** Use the FREED resources to identify changes in symptomology over time (include weight fluctuation)

**ANCHORS:** Use significant events over the last few years to help patients reflect on their symptoms at that time

## **FREED eligibility:**

<3years between clinical onset and contact with current service.

*Previous treatment is not taken into account*

More information on FREED assessments and DUED can be found in Module 3 of the training on the FREED Website:

 [freedfromed.co.uk](http://freedfromed.co.uk)

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# ONGOING FREED NATIONAL TEAM PROJECTS

## Training on age-related service transitions

We are currently developing a training package to support clinicians working with young people going through age-related service transitions in collaboration with the Health Innovation Network (HIN), and Kings College London (KCL).

The age group we work with experience a number of age-related transitions. We hope our training will help clinicians best support young people to flourish through this time of increasing independence and minimise the obstacles many face when moving between services.

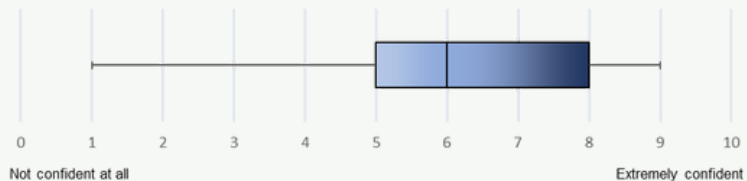
Thank you to everyone who completed our recent survey scoping the training needs within this area. We have been using the results to guide the content of the package.



Let's get everyone to the top to the scale!



How confident do you feel in supporting your patients throughout age-related service transitions?



## Diversifying the workforce

We are also working with HIN, KCL, and three FREED services on a project exploring the potential roles of peer support workers within the FREED model.

Peer support workers already play an integral role in a number of services. Bringing their rich and varied lived experience, they are an invaluable source of support and expertise to both service users and clinicians.

Thank you to the three FREED sites (CNWL, Lincolnshire, and Cornwall), all of which already use PSWs in their wider services, who will be acting as pilot sites during the project.

Watch this space for future updates and eventually publications!



# FREED CONFERENCE

Presentations and recordings can be found on the FREED NHS Futures workplace!

## Key note speakers

Prof. Eric Van Furth spoke to us about his teams trailblazing ED early intervention work in the Netherlands and presented a paper on automated interventions (summarised on pg.8). Prof. Max Birchwood spoke on the evolution of the now well-established pathway for early intervention in psychosis, helping us to think about what the future may hold for FREED.



## Valuing Lived Experience and the use of Peer Support Workers

Representatives from Forward Thinking Birmingham highlighted the importance of valuing those with lived experience within the workforce. They shared their service's success in integrating peer support workers and celebrated the tangible differences they have made to the lives of service users.



## SLaM/KCL Research

Researchers from SLaM and KCL presented some of their recent and ongoing research on early intervention in ED. Key topics included: how best to include families in treatment, and improving help-seeking behaviours using technology. See pg.9 for projects that are currently recruiting participants.



## Thank you

We would like to thank everyone involved, especially the Champions and Lived Experience Experts who woke up early to travel down to tell us about the various successes of their services.



# SAYING GOODBYE TO THE AHSNS

The FREED team would like to extend a huge thank you to Academic Health Science Network Leads and the AHSN Network as a whole for their support over the past three years and assure our FREED colleagues that support will continue to be available.

Going forward NHSE has made it clear they intend to continue supporting early intervention in eating disorders and see the huge benefits of the FREED model. We are looking forward to this as a time of innovation as we welcome our new FREED National Co-lead, Jess Griffiths, and her wealth of experience in early intervention in eating disorders.

The AHSNs would also like to make it clear that they will still be available and delighted to speak to you about any local innovation needs.

## WHO TO CONTACT

This information has been removed in the web edition of this issue.

The FREED National Team continues to onboard new services, provide monthly Implementation Supervision for existing services, and collect data centrally.

Please contact the FREED National AP for further details.



# FOOD FOR THOUGHT

## COMING SOON

**Do you have something to say?**

**Is there an area of ED or early intervention provision you are particularly passionate about?**

**Is there something your trust does really well?**

**We're looking for articles from our network members to feature in the quarterly newsletter!**

**Want to submit an article for our upcoming newsletter?**

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FREED National AP**

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# INTRODUCING JESS!

## What did you do before FREED?

I've worked with BEAT for 7 years, helping shape GSH programmes and writing national training for Health Education England. Before that, I worked with Dorset Healthcare for a long time. After my own experience with an eating disorder, I trained as a peer support worker, and then a therapist. I've also worked in school settings and the charity sector and am passionate about raising awareness, early intervention, and championing the inclusion of those with lived experience in the workforce.

## What do you find most exciting about this new role?

So many things! I'm excited to work at the interface of research and practice surrounded by such well-renowned clinicians. The team has such a passion to improve the lives of the people we work alongside.

## If you could change one thing about current ED provisions, what would it be?

Expand the workforce!

## What message would you like the world to know about eating disorders and ED services?

Recovery is always possible, the work is so rewarding, and the teams are so full of passion.

## What is your favourite random fact about you?

I once toured Slovakia and Albania as a backing singer for a Christian music band!



**JESS GRIFFITHS**

**FREED NATIONAL  
CO-LEAD &  
EDSA DEPUTY  
CURRICULUM LEAD**

**SOUTH LONDON AND  
MAUDSLEY**



**Want to be featured in our  
upcoming newsletter?**

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# EDIFY



## Eating Disorders: Delineating illness and recovery trajectories to inform personalised prevention and early intervention in young people

KCL and the University of Edinburgh are collaborating with a number of academic and third-sector partners on the UK Research and Innovation-funded EDIFY project. EDIFY is a four-year programme of research focused on how we understand and treat eating disorders in young people. It includes six core projects each approaching the topic of early intervention for eating disorders from a different perspective.



We're nearly ready to start recruitment for the **STORY** and **Raise** studies.

### Interested in becoming a research site?

Find out more at:  [edifyresearch.co.uk](https://edifyresearch.co.uk)

Contact us at: [EDIFYresearch@kcl.ac.uk](mailto:EDIFYresearch@kcl.ac.uk)

Follow us on:  [@EDIFYresearch](https://twitter.com/EDIFYresearch)

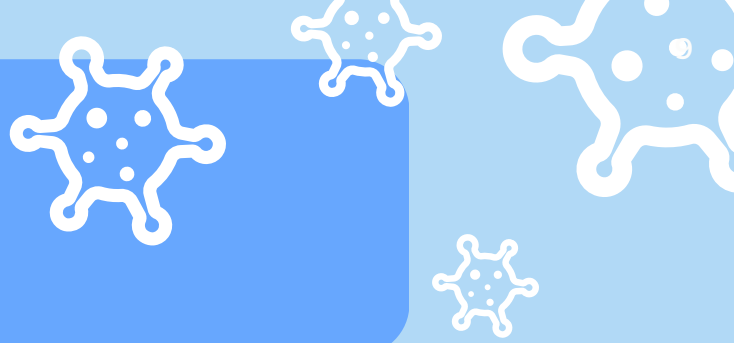
**Together, FREED and EDIFY can change the story around eating disorders and early intervention!**

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# RECENT RESEARCH



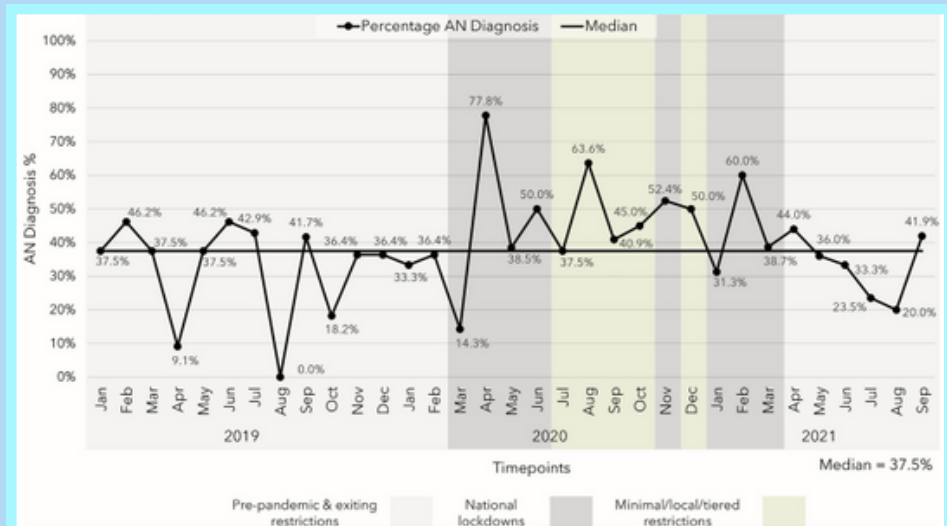
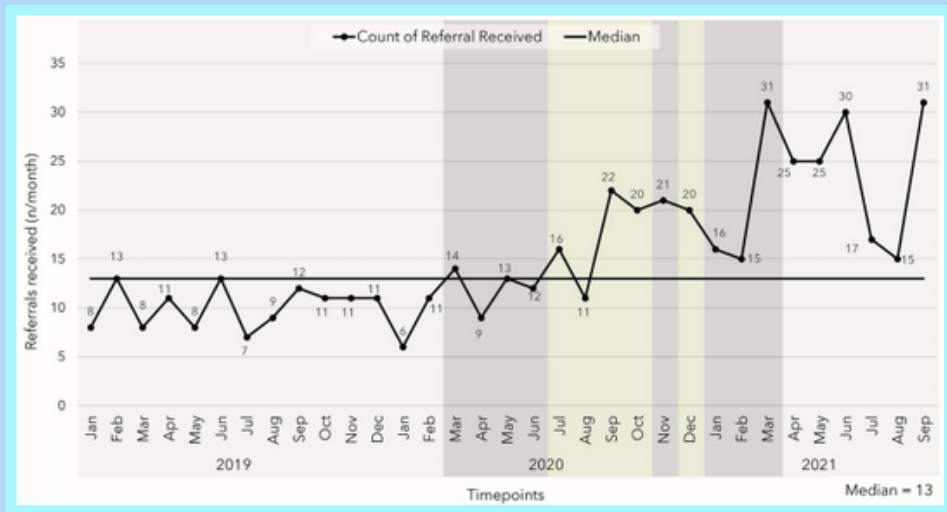
## The impact of the COVID-19 pandemic on referral numbers, diagnostic mix, and symptom severity in Eating Disorder Early Intervention Services in England

Hyam, Richards, Allen, & Schmidt (2022)

**Findings:** There has been a significant increase in referrals to FREED services since the end of the first UK national lockdown. There has also been a significant increase in the proportion of AN presentations within these referrals. As illness severity seems largely unchanged, this cannot be attributed to milder presentations being identified due to an increase in time spent with others in the home during lockdown.

**Implications:** Investment in early intervention for eating disorders must match increased referral trends to ensure this increase in cases are managed effectively and avoid a potential future crisis in wider services.

**Further work:** Exploration around the reasons behind the high proportion of AN cases.



**Musing:** Are we about to see an increase in BN, OSFED, ARFID, and BED cases that began during the pandemic but are taking longer than AN cases to present to services?



# RECENT RESEARCH

## Effectiveness of an online self-help program, expert-patient support, and their combination for eating disorders: Results from a randomized controlled trial

Rohrbach, Dingemans, Spinhoven, Van Ginkel, Fokkema, Wildeerjans, Bauer & van Furth (2022)

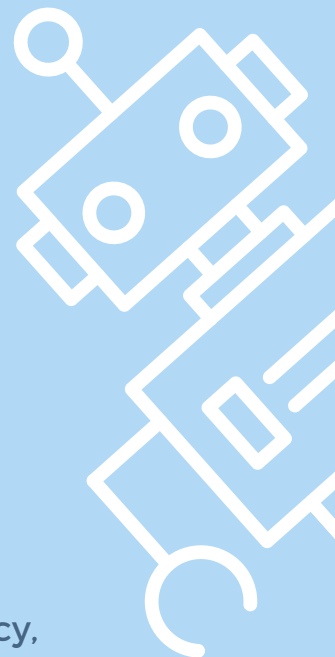
Rohrbach et al. compared the effectiveness and acceptability of an automated intervention vs peer support vs a combination of the two vs a waitlist control on the reduction of ED symptoms. They also recorded a number of secondary outcome measures including depression, anxiety, and beliefs around self-efficacy.

The automated intervention (Featback) generated weekly supportive emails in response to self-report monitoring questionnaires, created using a database of over 1250 messages written in collaboration with EBEs, scientists, and psychologists. Participants were also provided with psycho-educative materials. Peer support involved 20-minute weekly slots with a trained and supervised EBE. Participants could choose to use either a live chat option during this time or for the EBE to use the time to respond to an email sent in advance.

**Findings:** All intervention conditions showed similar improvement in ED symptoms (ED-Q 6.0) in comparison to waitlist controls. No difference in improvement was noted in any of the other outcome measures used across conditions. Interestingly, participants in the peer support arm of the study reported being more satisfied with their treatment despite there being no superiority in the efficacy of this treatment on outcome measures. This suggests that participants valued the treatment they received for more than just its ability to reduce symptomology.

**Implications:** Both peer support and automated interventions are effective ways of supporting people with eating disorders who are waiting for treatment and may increase access to care.

**Musing:** How do we strike a balance between efficacy, cost-effectiveness, and satisfaction? Within a resource-poor system, how much value should we place on service user experience vs symptom reduction?



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# CURRENTLY RECRUITING

KCL and SLaM are currently recruiting young people for their FREED-M study on a new help-seeking intervention programme. They are looking for young people who are concerned about their eating or weight but have **NOT** sought or **NOT YET** received help for an eating disorder.

We would be very grateful if anyone doing out-reach at local colleges or universities could raise awareness of the study.

Further details can be found on their participant website: <https://freedm.uk>

**JOIN THE FREED-MOBILE STUDY**

We are looking for **YOUNG PEOPLE** to take part in a 4-week, online programme to support help-seeking for eating problems

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## RESEARCH VOLUNTEERS NEEDED!

### What are we doing?

We are testing a new online help-seeking intervention programme for young people with eating problems

### Who can take part?

Young people aged 16-25, who are concerned about their eating or weight

### What's involved?

Completing online surveys and viewing online resources for 4 weeks, and 1 follow-up survey at week 12

You will be paid £20 in shopping vouchers for your participation



Contact us

[FREEDMobile@kcl.ac.uk](mailto:FREEDMobile@kcl.ac.uk)



Study deadline: 31st May 2023

**VISIT FREEDM.UK**

FOR MORE INFORMATION OR TO TAKE PART



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FOR FURTHER INFORMATION VISIT OUR WEBSITE:

 [freedfromed.co.uk](http://freedfromed.co.uk)

OR CHECK OUT OUR NETWORK'S NHS FUTURES WORKSPACE:

 [future.nhs.uk/FREED/groupHome](http://future.nhs.uk/FREED/groupHome)

OR CONTACT:

FREED National AP